

Postural Corrective Exercises

Posture Facts:

- Poor posture is often seen in individuals that are sedentary, where the muscles of the front torso, chest, and shoulders tend to shorten and become tight and the opposing musculature (rear torso) becomes weak.
- Posture can be assessed using a Wall Test. Stand with your back against the wall and feet approximately 6 inches from the wall. Ideally the back of your head should be positioned against the wall and there should be enough space between the wall and lower spine to snugly fit a hand between.

- **Postural Deviations**

- **Forward Head:**

- Tight muscles: chest, lats, and abdominals
 - Weak muscles: cervical flexors

- **Increased Spinal Curvature:**

- Tight muscles: chest, lats, and abdominals
 - Weak muscles: middle and lower trapezius

- **Rounded Shoulders:**

- Tight muscles: chest, lats
 - Weak muscles: external shoulder rotators

- **Posterior Pelvic Tilt:**

- Tight muscles: hamstrings and abdominal
 - Weak muscles: glutes and multifidus

- **Anterior Pelvic Tilt:**

- Tight muscles: hip flexors
 - Weak muscles: glutes, abdominals

- **Knee Valgus (knee caving in):**

- Weak muscles: glutes

KNOW YOUR LIMITATIONS – If you are unsure of your ability to perform an exercise please avoid that exercise for the time being. As always, if you have questions Gerofit staff members are here to help.

Postural Muscle Strengthening

Forward Head

Chin Tuck: While maintaining good posture, place your pointer finger against your chin while looking straight ahead. Without moving the finger, draw your head directly backwards, keeping your gaze parallel to the floor. Return to neutral, bringing your chin back against your pointer finger.

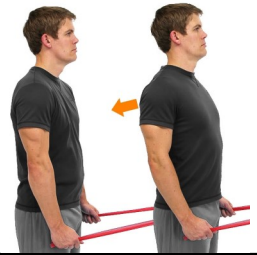
Target: 1-3 sets of 10-15 repetitions



Increased Spinal Curvature

Scapular Retraction with Elastic Band: Anchor an elastic band at approximately waist height. Hold the elastic band with both hands. With good posture, pull the band backwards and squeeze your shoulder blades together for 3 seconds.

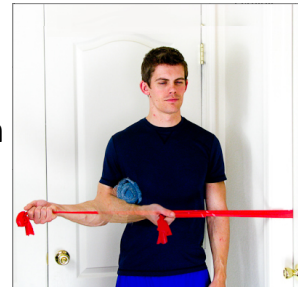
Target: 2-3 sets of 10-15 repetitions



Rounded Shoulders

External Rotation with Elastic Band: Anchor an elastic band at a height above your waist, approximately mid abdomen. While holding an elastic band at your side with your elbow bent at 90 degrees, start with your hand near your stomach and then pull the band away from your stomach. Keep your elbow at your side the entire time. Return to the starting position in a controlled manner. A rolled up towel may be helpful to keep your elbow locked by your side.

Target: 2-3 sets of 10-15 repetitions



Anterior Pelvic Tilt / Posterior Pelvic Tilt / Knee Valgus

Bridges: While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Target: 2-3 sets of 10-15 repetitions



Anterior Pelvic Tilt

Side Plank: While lying on your side with your knees bent, lift your body up on your elbow and knees. Try and maintain a straight spine.

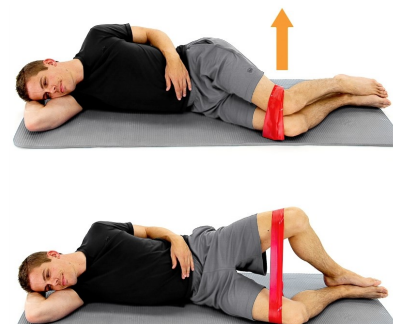
Target: 2-3 sets of 10-30 second holds



Knee Valgus (Knee Caving In)

Clam shells: While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together as shown. Do not let your pelvis roll back during the lifting movement. An elastic band wrapped around your knees can be used to increase difficulty.

Target: 2-3 sets of 10-15 repetitions



Postural Muscle Stretching

Stretch to the point of feeling tightness or slight discomfort.

Hold the stretch for 20-60 seconds. Repeat stretches on opposite side.

Forward Head / Increased Spinal Curvature / Rounded Shoulders

Chest Stretch: While standing in a doorway, place your arm up on the door jam and take a step forward through the doorway. Next, bend your front knee until a stretch is felt along the front of your chest and/or shoulder. Your upper arm should be horizontal to the ground and your forearm should lie up along the door frame. NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.



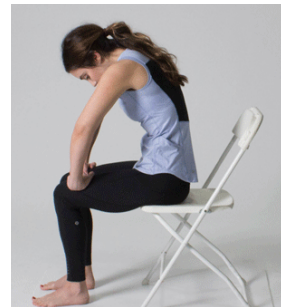
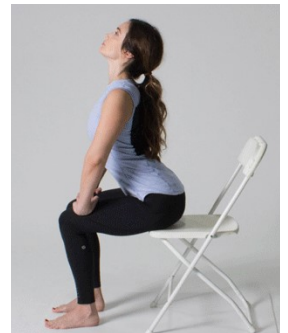
Lat Stretch: Start in an upright position and arms over head. Next, grab the wrist of the side you want to stretch and draw it over to the side bending at your trunk until a gentle stretch is felt along the side of your body. You may need to slightly bend forward as well to feel a stretch.



Forward Head / Increased Spinal Curvature / Posterior Pelvic Tilt

Cat Cow:

- 1) With feet planted firmly on the floor and knees at a 90-degree angle, place your hands on your knees, fingers pointing in toward each other, the heel of your hands on the outside of your legs.
- 2) Inhale, and as you exhale, press into your hands and arch your back using your entire spine.
- 3) As you inhale again, roll your shoulders forward and pull your bellybutton toward your spine, dropping your chin toward your chest and pushing toward your knees with your hands.
- 4) During your next exhale, reverse the motion, pulling your chest through your arms and arching your spine again, pressing down into your legs, instead of toward your knees.



Target: 5-10 repetitions

Posterior Pelvic Tilt

Hamstring Stretch: While seated, rest your heel on the floor with your knee straight and gently lean forward, by hinging at the hip, until a stretch is felt behind your knee/thigh. Maintain a straight, upright back.

